

# **Lower Cost Meals That Please**

*In our senior years  
as we cook for few...maybe one...maybe two*



## IN OUR SENIOR YEARS...

**Now is a time** we surely want to feel fine as we look forward to more freedom to relax . . . more time to enjoy hobbies, friends, children, grandchildren . . . even great grandchildren. Let's begin now, if we haven't already, to eat for health as well as pleasure . . . and help keep ourselves in the best condition we can to enjoy many senior years!

Funds may be fewer as we save for this leisure and when we retire from a full time job. But the joy of eating ought to stay ours. Thought and care with food do count! Did you know that as birthdays increase and our physical activities decrease . . .

. . . we actually need *less food* to burn for energy . . . BUT

. . . we still need as much of the repair materials in food as we did at 30 or so. Sometimes we even need more of the proteins, minerals, and vitamins in our food, just as we need more rest to refresh ourselves . . . SO

. . . sensible, economical eating means meals made up chiefly from four groups of nutritious foods . . .

\*

**dairy foods**—milk, cheese, yogurt, ice cream and foods made with milk or cheese

\*

**lean meats, fish, poultry, cheese, eggs**—or dried beans or peas, nuts or peanut butter sometimes

\*

**vegetables and fruits**—especially dark green and orange vegetables, citrus fruit and tomatoes

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**breads and cereals**—the enriched, whole grain or restored kinds, and made or served with milk. (Cereals fortified 100% so that they contain all of the U.S. RDA should be eaten only two-three times weekly.)

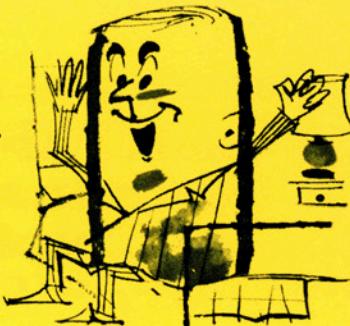
**Fortunately for the limited income**, there are many economical choices and combinations among these four groups of foods . . . and many easy cooking aids today. It really can be interesting to plan and prepare tasty, nutritious meals, yet watch the pennies! Here are a few . . .

*choice recipes for two  
when funds are few  
... menu hints, too  
plus food facts, true*



to help make breakfast  
a favorite meal of the day...

## BREAKFAST “SPECIALTIES”



### eggs a la golden

**2 hard-cooked eggs**  
**1 cup milk**

**2 tablespoons flour**  
**1 tablespoon butter**

**1/4 teaspoon salt**  
**Dash pepper**

Peel eggs; cut in half and separate yolks from whites. Dice whites. Heat 3/4 cup of milk in saucepan over low heat. Mix flour with 1/4 cup *cold* milk in swirl-type shaker (see page 5). Add to warm milk, stirring while cooking over low heat until smooth and thickened. Add butter, seasoning and egg whites. Serve on toast with sieved yolks over the top. Makes 2 servings.

**For breakfast:** Half grapefruit or grapefruit sections or juice, eggs a la golden on toast, milk, and coffee too if you wish . . .

**Or for lunch or supper:** Eggs a la golden on toast, tomato wedges in season or stewed tomatoes, apple or applesauce with cheese, and tea.

### cornmeal mush and scrapple

**1 cup water**                    **1 cup milk**                    **1/2 cup chopped leftover**  
**1/2 cup enriched cornmeal**    **1 teaspoon salt**            **ham or sausage, optional**

Boil water in saucepan. Mix cornmeal, salt and milk; pour into boiling water, stirring constantly; cook until thickened. Continue cooking over *low* heat 10 minutes or longer, stirring occasionally.

**For cornmeal mush:** Serve hot with sugar and milk, as a cereal.

**For scrapple:** Add cooked, chopped meat and pour into a small loaf pan or refrigerator dish, cover, and chill. Cut into 1/4 to 1/2 inch slices and pan fry slowly in a lightly buttered skillet or griddle. Serve hot with jelly or sirup. Makes 3 to 4 generous servings.

**For breakfast:** Orange juice, hot cornmeal mush and milk; *or* hot fried mush or scrapple, with jelly or sirup, milk, coffee if you wish . . .

**Or for lunch or supper:** Omit the juice and serve any cooked or fresh fruit you have on hand.

**It's a fact . . .** that hot cornmeal mush is mighty good served plain with brown sugar and milk. 'Twas a sturdy main dish of our grandparents. Had you forgotten about its fine flavor and economy? Today you can make it in a matter of minutes with our quick-cooking cereals. Read the information on the package for other variations.

**more "SPECIALTIES"  
for BREAKFAST...  
or LUNCH or SUPPER**



**scrambled eggs . . . toasty**

**1 tablespoon butter**

**½ cup bread cubes (¼" square)**

**2 eggs**

**¼ teaspoon salt**

**2 tablespoons milk**

Melt butter in small skillet over low heat. Add bread cubes, cook to golden brown, stirring occasionally. Beat eggs, salt and milk together; pour over bread cubes. Stir over low heat, scraping eggs from bottom and sides of pan. Serve at once. Makes 2 servings. For a variation, add 2 or 3 tablespoons finely diced American cheese.

**For breakfast . . . or lunch or supper:** Tomato juice or fruit, scrambled eggs . . . toasty, lightly buttered toast, milk, coffee too if you wish.

**oatmeal cooked in milk**

**½ cup quick-cooking  
oatmeal**

**½ cup milk**

**½ cup water  
¼ teaspoon salt**

Mix oatmeal, milk, cold water and salt in small saucepan. Bring to a boil and cook 1 minute, stirring constantly. Cover pan, remove from heat and let stand a few minutes. Serve piping hot, topped with milk, whole or skim. Makes 2 servings. Some people like just a dab of butter and/or brown sugar melting on top the hot oatmeal. It is appetite and eye appealing and takes only a bit of butter.

**For breakfast:** Any fruit you have on hand . . . iron-rich prunes are fine, hot oatmeal with plenty of milk, toast, coffee if you wish.

**an oldtime favorite anytime**

It's a bowl of golden toast, buttered lightly, cut into triangles, sprinkled lightly with sugar or salt, floating in plenty of hot milk . . . so quick and easy to fix, so good . . . so easy to digest . . . and a wonderful way to use any bread that is beginning to dry. Make a bowl of hot milk toast the main dish for breakfast, light lunch or supper!

**Did you know . . .** that you can lay a foundation for a meal with milk and enriched or whole grain bread or cereal in some form? These two foods, truly economical, combine to provide a generous share of the protein and other nutrients you need, except vitamin C and iron.

*have you forgotten how good  
homemade soups can taste...*

## SOUPS for LUNCH or SUPPER



### **potato soup**

|                                 |                              |                            |
|---------------------------------|------------------------------|----------------------------|
| <b>2 cups diced potatoes</b>    | <b>1/4 cup minced onion</b>  | <b>1 cup milk</b>          |
| <b>1/2 cup diced celery, or</b> | <b>3/4 cup water (about)</b> | <b>1 tablespoon butter</b> |
| <b>1/4 teaspoon celery salt</b> | <b>1 teaspoon salt</b>       | <b>Dash pepper</b>         |

Cook potatoes, celery and onion with salt, in just enough water to barely cover. Cook 10 to 15 minutes over moderate heat until vegetables are tender. Mash vegetables slightly in liquid. Add milk and butter, heat. Add pepper and celery salt, if preferred. Makes 2 generous servings.

**Alternates:** You can make other delicious cream soups with leftover cooked vegetables such as spinach, peas, carrots and corn. Use about 1/2 cup mashed vegetable to 1 cup milk; add seasoning and 1 teaspoon of butter.

**For a satisfying lunch or supper:** Potato soup with crisp toast or crackers, a generous salad of canned peaches with cottage cheese, and tea.

### **old-fashioned navy bean soup**

|                              |                             |                        |
|------------------------------|-----------------------------|------------------------|
| <b>1 cup navy beans</b>      | <b>2 cups cold water</b>    | <b>1 1/2 cups milk</b> |
| <b>3 strips bacon, diced</b> | <b>(for cooking)</b>        | <b>Dash pepper</b>     |
| <b>1/4 cup chopped onion</b> | <b>1 1/2 teaspoons salt</b> |                        |

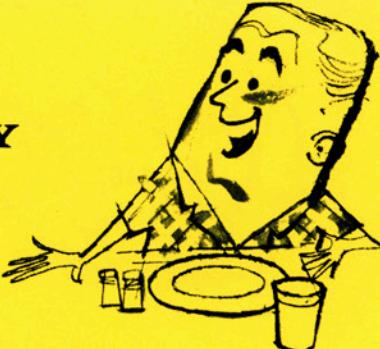
Wash beans and cover with cold water; soak overnight. Cook diced bacon in a heavy saucepan until lightly browned; add onion and cook until transparent, but not brown. Drain beans; put in kettle with 2 cups of water and the salt. Simmer for 2 hours or until tender, adding 1/4 to 1/2 cup water if needed. Mash beans slightly. (1 cup diced potato may be added if you wish, then cook slowly until potatoes are tender, stirring occasionally.) Add milk, heat and serve plain or topped with minced parsley. Makes 2 to 3 generous servings. (You can store in refrigerator and reheat.)

**For a sturdy lunch or supper:** Old-fashioned navy bean soup, crackers or toast, carrot sticks, milk; for dessert, any fruit you have on hand.

**Inexpensive utensils that you'll save money by owning . . .** swirl-type measuring cup with lid for mixing smooth sauces; small double boiler; sieve or small food press; a vegetable peeler.



## MAIN DISHES YOU'LL ENJOY



### frizzled creamed dried beef

**1 1/4 to 1 1/2 ounces  
dried beef**

**1 tablespoon butter  
2 tablespoons flour**

**1 cup milk  
Salt if needed**

Cut dried beef in small pieces with scissors. Melt butter in skillet; add beef and cook until beef is frizzled, about 2 to 3 minutes, stirring occasionally. Add flour, stirring to coat the pieces of beef. Add milk, stirring constantly, and cook until mixture is smooth and thickened. Add salt if needed. Serve on top of boiled, baked or mashed potatoes, cooked rice, noodles, corn-bread or toast. Makes 2 servings.

**For a dinner or lunch or supper:** Frizzled creamed dried beef on boiled potato, buttered carrots or green beans, soft rolls, canned pear on lettuce leaf, orange sherbet or prune pudding (page 9), milk, hot tea.

### cottage cheese scalloped potatoes

This recipe is the favorite of a physician who has recommended it for many years for its ease of digestion, flavor, fine protein, economy . . .

**1 cup thinly sliced raw potatoes    1/2 tablespoon butter    Salt and  
1 cup creamed cottage cheese    1/2 cup milk (about)    pepper to taste**

Butter a small baking dish. Arrange alternate layers of seasoned potatoes and cottage cheese. Pour on milk to cover potatoes. Bake in moderate oven, 325° to 350°, about 45 minutes or until potatoes are tender. The baking time may be shortened by heating the milk before adding it to the potatoes. Makes 2 generous servings.

**For a dinner or lunch or supper:** Cottage cheese scalloped potatoes, buttered green cabbage or another green vegetable you prefer, gingerbread or muffins, fruit, milk, and coffee or tea if you wish.

**Facts about cottage cheese . . .** it is one of the most economical fine-quality protein foods you can buy and, creamed or uncreamed, it is low in calories. The small amount of cream in creamed cottage cheese makes very little difference in food values but a lot of difference in taste. Cottage cheese has endless uses without cooking. Use it for its flavor and protein rather than to replace milk since cottage cheese supplies less of milk's important calcium. Keep cottage cheese refrigerated and use it while it is fresh. It makes a delicious spread for sandwiches and may be combined with a variety of fruits and vegetables in salads.

## and more MAIN DISHES



### liver . . . country style

|  |                        |                         |
|--|------------------------|-------------------------|
| <b>½ pound sliced beef liver</b>         | <b>¼ cup water</b>     | <b>½ teaspoon</b>       |
| <b>2 tablespoons flour</b>               | <b>¾ teaspoon salt</b> | <b>savory, optional</b> |
| <b>2 tablespoons butter or drippings</b> | <b>Dash pepper</b>     | <b>½ cup milk</b>       |

Cut liver into serving pieces; dredge with flour (save excess flour for gravy). Heat butter or drippings in skillet, add liver and brown on both sides. Add water and seasonings. Cover and cook slowly 15 minutes, or until tender. Remove liver to warm serving plate. Stir excess flour into pan drippings and blend well. Add milk and cook, stirring constantly until thickened. Pour over liver. If desired, serve with crisp bacon. Makes 3 servings.

**For dinner:** Liver . . . country style, radishes or other relishes you like, warm rolls or bread, baked apple, milk, coffee if you wish.

### economy meat loaf

|  |                          |                                   |
|--|--------------------------|-----------------------------------|
| <b>1 pound ground beef (part<br/>pork or veal, if desired)</b> | <b>1 teaspoon salt</b>   | <b>¼ cup catsup</b>               |
| <b>½ cup uncooked rolled oats</b>                              | <b>½ teaspoon pepper</b> | <b>2 tablespoons</b>              |
| <b>¼ teaspoon celery salt</b>                                  | <b>1 egg</b>             | <b>minced onion,<br/>optional</b> |
|  | <b>⅔ cup milk</b>        |                                   |

Combine ingredients and mix well. Pack into lightly buttered small loaf pan. Bake in moderate oven, 350°, 1 hour. Let stand 5 minutes before slicing. Makes 6 servings. The loaf is good hot and cold.

**For dinner:** Economy meat loaf, baked potato, a green vegetable or tossed salad, fresh or stewed fruit of your choice, milk, coffee if you wish.

### corn rarebit

|                                   |                        |                        |
|-----------------------------------|------------------------|------------------------|
| <b>1 cup cream-style corn</b>     | <b>1 cup shredded</b>  | <b>Salt and</b>        |
| <b>2 tablespoons milk (about)</b> | <b>American cheese</b> | <b>pepper to taste</b> |

Heat corn and stir in milk to desired consistency. Add cheese and heat until melted, stirring frequently. Season. Serve over crisp chow mein noodles, bite-size wheat cereal, or toast. Makes 2 servings.

**It's true what they say about liver . . .** it abounds in all the nutrients you need . . . except calcium, and of course you make sure to get that in milk, 2 to 3 glasses a day. You're also wise to eat liver once a week.

## **VEGETABLES IN NEW WAYS**



### **honey glazed carrots**

|  |   |   |
|--|---|---|
| <b>½ bunch of carrots<br/>(about 3 or 4 carrots)</b> | <b>½ teaspoon salt<br/>2 tablespoons butter</b> | <b>2 tablespoons honey<br/>Dash of nutmeg</b> |
|--|---|---|

Scrape carrots, cut into sticks and cook in small amount of boiling salted water. In a small pan, melt butter and honey together. Spoon over drained carrots. Continue heating until carrots are well glazed. Add a dash of nutmeg. Serve hot. Makes 2 to 3 servings.

### **easy scalloped tomatoes au gratin**

|                                |                          |                        |
|--------------------------------|--------------------------|------------------------|
| <b>1 tablespoon butter</b>     | <b>½ cup bread cubes</b> | <b>½ teaspoon salt</b> |
| <b>1 teaspoon minced onion</b> | <b>½ cup shredded</b>    | <b>dash of pepper</b>  |
| <b>1 cup canned tomatoes</b>   | <b>American cheese</b>   |                        |

Melt butter in saucepan; add onion and cook a few minutes. Add tomatoes and heat to boiling. Stir in bread cubes, then cheese. Heat slowly to melt cheese. Season to taste. Serve hot. Makes 2 servings.

### **quick scalloped cabbage**

|  |                             |                        |
|--|-----------------------------|------------------------|
| <b>1 cup milk</b>                            | <b>1 tablespoon butter</b>  | <b>½ teaspoon salt</b> |
| <b>2 cups cabbage, shredded<br/>coarsely</b> | <b>1½ tablespoons flour</b> | <b>dash of pepper</b>  |

Heat milk to scalding; add cabbage. Simmer for 2 minutes. In a small bowl, blend flour into softened butter, add a little hot milk from the cabbage and stir until smooth. Stir this mixture into cabbage. Season. Cook 5 minutes longer and serve. Makes 2 to 3 servings.

### **spinach supreme**

Cook 1 package of frozen chopped spinach to package directions; drain well. Add 1 3-ounce package of cream cheese and 1 clove of garlic (optional). Heat and stir to melt cheese. Remove garlic. Makes 3 servings.

### **creamed vegetable variations**

Season 1 cup of hot medium thick cream sauce with one of the following: 1/2 cup shredded cheese, 2 tablespoons crumbled cooked bacon, 2 tablespoons minced onion, or 1/2 teaspoon dry mustard or curry powder. Stir in your choice of cooked vegetables. Cabbage, celery, onions with peas, and carrots are inexpensive vegetables delicious in cream sauces.



## DESSERTS TO PLEASE AND NOURISH

### cinderella prune pudding

|                         |                                |  |
|-------------------------|--------------------------------|--|
| $\frac{1}{4}$ cup sugar | $\frac{3}{4}$ cup milk         | $\frac{1}{4}$ cup prune liquid<br>or juice |
| 1 tablespoon cornstarch | 1 cup chopped<br>cooked prunes | 2 teaspoons lemon juice                    |
| Dash salt               |                                |  |

Combine sugar, cornstarch and salt in saucepan. Add milk and cook over low heat, stirring constantly, until thickened. Continue cooking and stirring 5 minutes. Remove from heat and cool slightly. Stir in prunes, prune juice and lemon juice. Chill well. Makes 3 to 4 servings.

You'll enjoy this pudding as a snack as well as a dessert with most any lunch or dinner . . . see menu page 6. If you prefer a milder flavor, use fewer prunes, or use 1 jar of junior baby food prune pulp.

*when you entertain your friends,  
here are some . . .*

### feather light cupcakes

|                             |                          |                        |
|-----------------------------|--------------------------|------------------------|
| 2 cups sifted cake flour    | $\frac{1}{4}$ cup butter | 1 egg, unbeaten        |
| 2½ teaspoons baking powder  | (½ stick)                | $\frac{2}{3}$ cup milk |
| $\frac{1}{4}$ teaspoon salt | $\frac{3}{4}$ cup sugar  | 1 teaspoon vanilla     |

Sift first 3 ingredients together 3 times. Cream butter, add sugar gradually and mix thoroughly. Add egg and beat well. Add dry ingredients alternately with milk and vanilla and beat well after each addition. Fill buttered or paper-cup-lined muffin pans about 1/3 full. Bake in moderate oven, 375°, 18 to 20 minutes or until lightly browned. Makes 18 medium or 24 small cupcakes.

Well wrapped, these cakes keep fresh for several days or you can freeze them successfully. They are delicious alone or split and served with a scoop of ice cream or sherbet. They need no frosting, but if you prefer, here is a good one . . .

### butter sugar frosting

|                               |                          |                                    |
|-------------------------------|--------------------------|------------------------------------|
| 1 cup confectioners'<br>sugar | 1½ tablespoons<br>butter | Dash of salt<br>1 teaspoon vanilla |
|-------------------------------|--------------------------|------------------------------------|

Sift sugar. Beat butter until soft and gradually blend in the sugar until mixture is of desired consistency. A little more sugar may be required if frosting is too thin, or a little cream may be added if it is too thick. Add vanilla or other desired flavoring. (Try grated orange or lemon rind, instant coffee or cocoa as flavorings.)



## SALADS that double as MAIN DISHES or DESSERTS

### molded nippy salad

|   |   |   |
|---|---|---|
| 1 package (3-ounce)<br>lime-flavored<br>gelatin | 1 cup well-drained<br>crushed pineapple | 2 tablespoons<br>horseradish                      |
| 1 cup hot water                                 | ½ cup salad<br>dressing                 | 1 pound carton (2 cups)<br>creamed cottage cheese |

Dissolve gelatin in hot water. Chill until partially set. Stir in remaining ingredients. Pour into 5-cup mold, pan or individual molds. Cool until firm. Unmold and serve on crisp lettuce. Makes 6 generous servings . . . cool looking, cool tasting and fine enough for any guests.

**Menu:** Serve molded nippy salad as a dessert-salad with any favorite dinner menu or serve as the main dish for lunch or supper, accompanied with hot or toasted rolls, tiny celery sticks, and a milk drink, as . . .

### maple cooler

You can make a summertime delight by mixing 2 tablespoons of maple sirup with 1 cup of cold milk, for each glass of maple cooler. For special occasions, add a small dipper of vanilla ice cream.

### apple-raisin-cottage cheese salad

|                               |                         |  |
|-------------------------------|-------------------------|--|
| 1 tart, unpeeled red<br>apple | ¼ cup raisins           | 1 to 2 tablespoons<br>cooked salad<br>dressing |
| ¼ cup diced celery            | ⅓ cup cottage<br>cheese |  |

Wash, core and dice apple. Clean and dice celery. Wash the raisins. Combine all with salad dressing. (Thin dressing with milk or any fruit juice.) Spoon cottage cheese on crisp greens, pile apple mixture on top, serve cold. Makes 2 generous servings when a large apple is used.

**For a lunch or supper:** Baked acorn squash, sausages or bacon, apple-raisin-cottage cheese salad, hot cornmeal muffins or toast, milk.

### cooked salad dressing

|                     |                     |                        |
|---------------------|---------------------|------------------------|
| 1 tablespoon flour  | 1 teaspoon mustard  | 1 whole egg,<br>beaten |
| 2 tablespoons sugar | 1 tablespoon butter |                        |
| 1 teaspoon salt     | ⅔ cup milk          | ⅔ cup vinegar          |

Combine flour, sugar, mustard and salt in top of small double boiler. Add milk gradually. Cook over hot water until thickened, stirring constantly. Stir part of hot mixture into beaten egg. Return egg mixture to double boiler and cook 5 minutes stirring constantly. Add butter and blend. Remove from heat and cool slightly. Add vinegar and beat until smooth. Store covered in refrigerator. Makes 1 cup. Good on many salads.



## It needn't be puzzling...

If you follow a plan, it really is easy to fit the necessary foods into satisfying meals that give a balance of nourishment each day. You may want to make a basic plan for yourself and perhaps have a heavier breakfast and noon meal with a light evening meal. The plan below is only a suggestion and illustrates choices to help fit circumstances.

### a basic plan

#### \* Breakfast

- 1 serving citrus fruit or alternate
- 1 egg, often
- 1 serving cereal, or 1 slice bread and butter
- 1 glass milk

### moderate cost   lower cost

|                    |                |
|--------------------|----------------|
| Sliced orange      | Tomato juice   |
| Egg                | Oatmeal        |
| Buttered toast     | Milk on cereal |
| Milk or milk drink | and to drink   |

#### \* Lunch or Supper

- 1 serving meat, eggs or cheese, sometimes dried beans, peas, peanut butter
- 1 serving vegetable or fruit
- 1-2 slices bread and butter
- Simple dessert sometimes, as fruit, custard

- Broiled cheese and bacon sandwich
- Tomato wedges
- Fruit
- Milk or milk drink

|                             |
|-----------------------------|
| Navy bean soup and crackers |
| Carrot sticks or relish     |
| Milk                        |

#### \* Dinner

- 1 serving meat, fish, or poultry
- 1 serving potato and/or other vegetable
- 1 serving fruit (if 2 not otherwise eaten)
- 1 serving bread and butter
- Simple dessert

- Meat loaf
- Small baked potato
- Broccoli
- Fruit salad
- Hot roll, butter
- Ice cream with small cupcake

|                                    |
|------------------------------------|
| Creamed dried beef on baked potato |
| Cole slaw                          |
| Bread, butter                      |
| Prune pudding or custard           |

#### \* Snacks

- Milk or cheese, fruit

- Milk or cheese and fruit

- Milk, fruit juice

### For economical meals...

Plan ahead, buy only what you can use but buy first the kind of foods you need. Plan to serve simple meals of a few foods that go well together. Make meals look attractive and taste that way. Economize tightly sometimes so you can splurge another time on a favorite food though it costs more. It can become monotonous and destructive to appetites to always stint. Educating the appetite to nourishing foods in amounts that suit your build, age and activity is true economy. As a noted physician says, "Eat less, but eat well, so you can live longer to eat more."



